

Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name
Manitowoc County Adults and Kids CAN
(Coalition for Activity and Nutrition)

Contact Information

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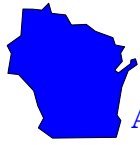
Program Information

Type of Program
Coalition
Year Coalition was Formed
May 2003
Primary program focus
Both Physical Activity & Nutrition
Region
Northeastern
County
Manitowoc
Coalition Web Site Address
http://www.manitowoccounty.org/departments/BusinessUnit/busunitdetail.asp?ID=17&BusID=91

Program Information

Represented Groups on Coalition	Represented Professions on Coalition
Community	Child Care
Government	Dietitian
Health Care	Educator
Health Dept	Exercise Specialist
Schools	Health Care Admin
UW-EX	Nurse
WIC	Physician
Other	Other

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Intervention Name Education Outreach

Intervention Information

Type of Intervention:	Physical Activity & Nutrition Event
Focus Area:	General PA&N
Intervention Site or Setting:	School
Scope of Intervention:	County
Target Audience:	All races, genders and ages
Total Population in Area Served:	83,000
Number of Participants:	3,000
Implementation Status:	Ongoing

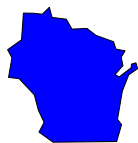
Partners:	Local dietitians, jazzercise instructor, school nurses, UW-Extension, Parish Nurses, Community Health Educator, Public Health Nurses, and physicians.
Unique Funding:	
Evaluation:	Service Provision & Units Provided – One-time
Evidence-Based or Best Practice based on	

Products Developed or Materials Used:

5 a day program materials, Sugar, Fat, and Sodium Test Tubes, Nutritional Handouts from USDA and other providers, Healthy Snacks Brochure developed by our local coalition members, DVD for Dept. Health & Human Services(Max's Special Delivery), Consequences of Obesity Display Model. Some of these items were purchased with grant money from the CDC money given to local coalitions.

Intervention Description:

Our local coalition provides ongoing education programming to local schools, businesses, juvenile detention center, senior meals sites and housing complexes and other numerous community locations. We encompass all ages in the community.



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Intervention Name **Pedometer Loaner Program**

Intervention Information

Type of Intervention: Physical Activity Event
Focus Area: General Physical Activity
Intervention Site or Setting: School
Scope of Intervention: County
Target Audience: All, Both Ages 5-11, 12-19
Total Population in Area Served: 10,000
Number of Participants: We have currently reached 60 children. This program just started in February.
Implementation Status: Ongoing

Partners: School nurses, Public Health Nurses, teachers in the schools.
Unique Funding: CDC grant money used to purchase pedometers.
Evaluation: Service Provision & Units Provided Impact Knowledge, Attitude, Behavior - Other
Evidence-Based or Best Practice based on Best Practice

Products Developed or Materials Used:

Purchased pedometers with the money from the CDC grant for our program. Each pedometer kit has 25 pedometers and a lesson plan book for grades K-12(Pedometer Power), instructions for using the pedometers, step log forms, and evaluation of the program.

Intervention Description:

Pedometers are loaned to schools for a period of 4-6 weeks. During this time teachers are encouraged to work with the children to increase their daily step counts and work on setting goals. As mentioned earlier, each kit comes with a lesson plan book for teachers to utilize. Lastly, teachers are asked to evaluate the program by completing an evaluation form. This program will be ongoing.



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Intervention Name

Mini-Grants for Improving Nutrition and Physical Activity in Schools

Intervention Information

Type of Intervention: Physical Activity & Nutrition Event
Focus Area: General Physical Activity & Nutrition
Intervention Site or Setting: School
Scope of Intervention: School
Target Audience: All races and genders Ages 5-11, 12-19
Total Population in Area Served: 10,000
Number of Participants: 1463
Implementation Status: One-time offering of mini-grants. Nearly all of the mini-grant recipients will be ongoing programming in their school districts

Partners: School Teachers, PTO's
Unique Funding:
Evaluation: Service Provision Impact on Knowledge, Attitudes & Behavior
Evidence-Based or Best Practice based on Best Practice

Products Developed or Materials Used:

None

Intervention Description:

A letter was sent out to all area schools informing them of the opportunity to apply for a mini-grant that would focus on increasing physical activity or improving the nutrition in their student population. 10 grant applications were received and reviewed by coalition members. Five applicants were awarded \$200.00 mini-grants and 2 applicants were awarded \$100.00 mini-grants. Grant money was initially received from the Diabetes Health Funds. Money will need to be spent by March 29, 2005. When their project is completed schools are asked to send an evaluation and project outcome back to the coalition.

A Wisconsin Nutrition and Physical Activity Intervention

